

# Anti-Bullying Week 2021

## PRIMARY SCHOOL PACK LESSON PLAN HANDOUT 1

# ONE KIND WORD

**5 TIMES SOMEONE  
SHOWED YOU KINDNESS**

**HOW DID IT MAKE YOU FEEL?**


- |         |         |          |            |             |           |
|---------|---------|----------|------------|-------------|-----------|
| happy   | hopeful | loved    | calm       | thankful    | involved  |
| joyful  | secure  | cheerful | content    | confident   | heard     |
| merry   | proud   | glad     | optimistic | appreciated | liked     |
| pleased | relaxed | included | inspired   | welcomed    | respected |

